

## RETINACULAR Ganglion Cyst

**Cause:** Unknown

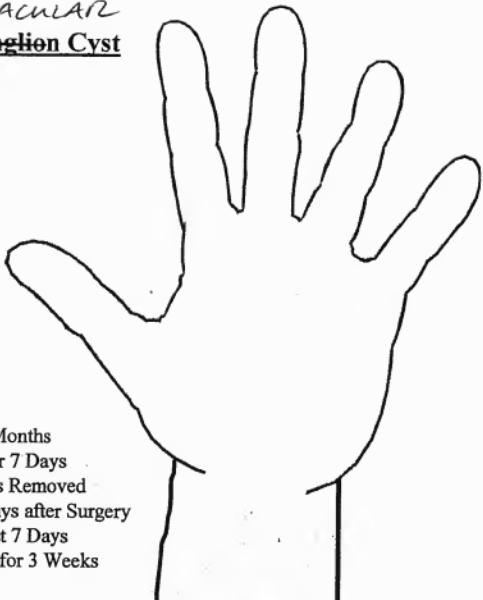
**Symptoms:** Pain and / or Unsightly Mass

### **Treatment:**

- Splints
- NSAIDs (Ibuprofen, Aspirin)
- - Aspiration (Dorsal Only)
- Surgery

### **Post Operative Course:**

- Move Fingers & Hand Immediately
- Remove Dressing after Two Days
- Mass Gone Immediately
- Pain Improves Over Few Weeks to Months
- Keep Hand Elevated Above Heart for 7 Days
- Keep Wound Dry Until After Sutures Removed
- Sutures Will Be Removed 7 to 10 Days after Surgery
- Post Operative Discomfort for at least 7 Days
- Pain with Lifting/Grasping/Twisting for 3 Weeks
- Recurrence 10%



### **Risks of Surgery Include But Are Not Limited To:**

<ul style="list-style-type: none"><li>• Infection &lt;1%</li><li>• Bleeding</li><li>• Risk of Anesthesia</li><li>• Nerve Injury</li></ul>	<ul style="list-style-type: none"><li>• Tendon Injury</li><li>• Artery Injury</li><li>• Painful Scar</li><li>• Recurrence</li></ul>
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### **Good Website:**

- [http://www.assh.org/AM/Template.cfm?Section=Hand\\_Consultation](http://www.assh.org/AM/Template.cfm?Section=Hand_Consultation)

